The National Institute for Occupational Safety and Health has a calculator to estimate a "safe" lift. This information can be found at www.cdc.gov/niosh. Another good source for lifting limits can be found Oregon OSHA website http://www.orosha.org/apps/liftcalc/lifting-calc-options.html.

Often back injuries result from overexertion, usually resulting from an injury sustained from lifting, pulling, pushing, and carrying an object -- an injury classified as a sprain or strain.

For questions contact the Safety Office (858) 627-7174